*WARNING - Individuals who are subject to any type of seizure, to epilepsy or photosensitivity should not use a PSIO device. PSYCHOMED and LINK Health & Communication make no implicit or overt claims for cure or treatment of any medical or psychological disorders. No expressed or implied medical claims are made for PSYCHOMED products. These products should not be used for the relief of any medical or psychological condition.*

# PSIO Manual 1.1

**Audiovisual Variable-Frequency MIND BOOSTER**

## Introduction

Please read the following pages carefully before first using your PSIO. It is a prerequisite to be able to take full advantage of the benefits of the device and its programs.

PSIO is intended for use as a recreational device, to stimulate feelings of wellbeing, optimize learning abilities, enable quicker recuperation and as a tool for personal accomplishment and development.

### Welcome to the PSIO community!

You have just purchased a personal development tool that you can use throughout your life! This purchase will likely be a relatively important turning point in your life. From now on you will no longer be alone in managing difficulties, in dealing with fatigue, and in handling the many imbalances caused by stress and work overload. Your PSIO can help you in many different ways. The entire PSIO

team has worked hard to perfect the many programs that can be downloaded from www.mind2relax.com onto the device now by your side!

## What is PSIO?

PSIO is a pair of spectacles equipped with small earphones, an **Mp3 reader** and a **generator of coloured and rhythmic light**. It is a powerful **relaxation tool** that "over-stimulates" the mind and saturates visual and, at times, auditory zones with stimulation at specific frequencies to enable a quick letting go of attention.
Rumination stops quickly. And since **the mechanics of attention require a great deal of energy**, **the mind relaxes deeply**, recharges and renews its resources. The sessions programmed into PSIO generally last from five to 30 minutes. The result is a **feeling of renewed energy, like after taking a good nap.** This state of awareness at rest is also known to be very **permeable to suggestion**. Dozens of **personal development programs** can be downloaded from **www.mind2relax.com** (weight management, sleep and good mood inducement, etc.). They turn PSIO into a personal development tool.

## What happens with PSIO?

**1st stage:** the user's attention is focused on a visual scene consisting of kaleidoscopic coloured lights and images. They are particularly well **absorbed** by the mind which cannot interpret this unusual type of stimulation.
Awareness becomes purely sensory and analytical thought declines and is transformed into audio-visual perception. Consciousness becomes pure sensation.
Music and voices are felt much more deeply and differently from the way they would be through normal listening or with a simple audio device.

**2nd stage**: attention gradually begins to float (more or less so, depending on the length of the stimulation). Eyelids automatically close while stimulation continues to pass through them. They become a second projection screen for the visual stimulation.

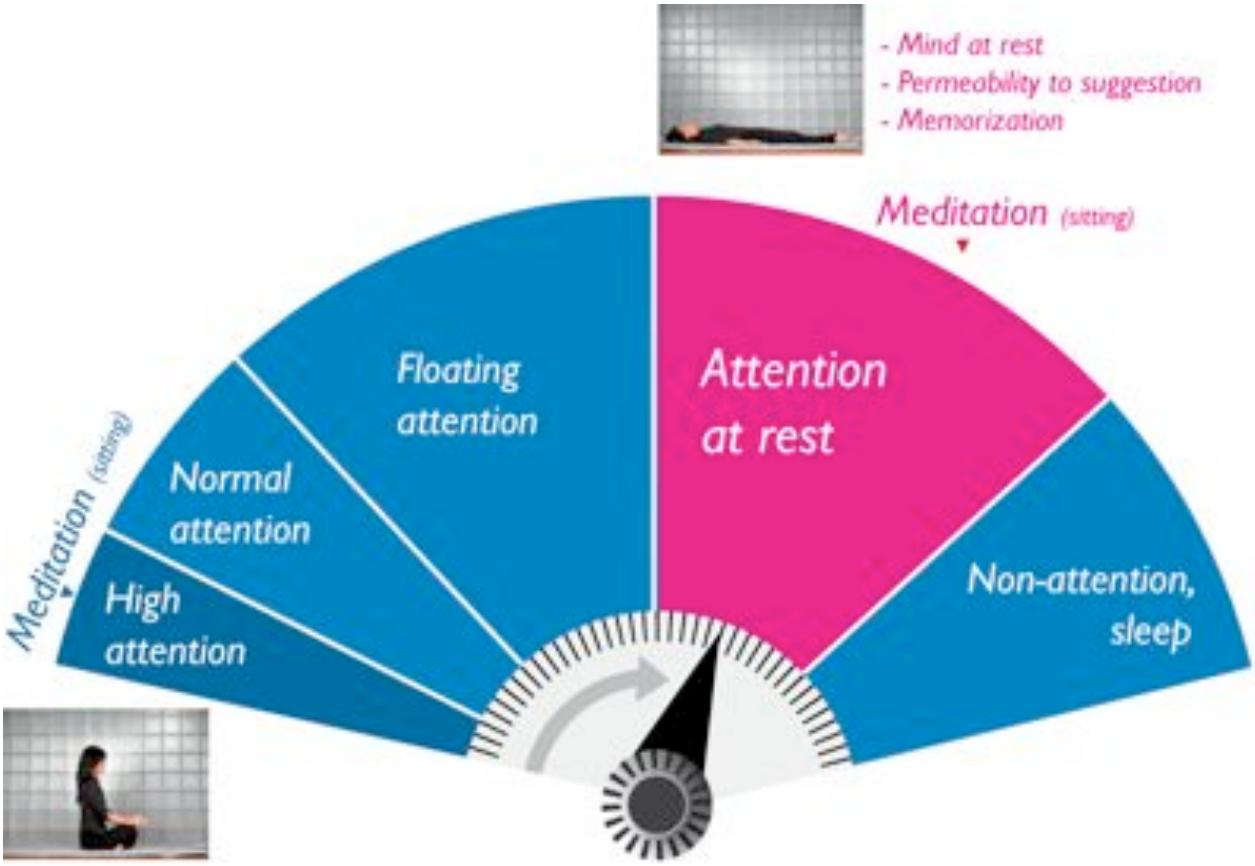
**3rd stage**: the visual stimulation generally becomes monotonous and repetitive. Eyes gradually roll back in their sockets into a natural, fully relaxed position. At this point, the visual stimulation is restrained both in intensity and in frequency variation. Attention is completely at rest. Letting go becomes total at this point!

**Result**

Awareness usually requires a great deal of energy. This forced resting therefore leads to recovery and has an energizing effect following the end of the session. It is like a regenerating flash siesta (except that it can be induced at will).

Note that the mind is very open to suggestions when attention is at rest. It continues to hear everything but no longer listens closely. Messages are no longer filtered by awareness. This makes PSIO a fantastic tool for suggesting positive messages to your deepest self.

## How does it work?




**PSIO action zones**

## How can you find out what PSIO can do for you?

Our mind is constantly transported via anticipation and memory zones to places filled with images and ideas that often repeat themselves. This is called rumination. We are often not even here. We do not live in the present moment!

We are in the past or in the future, and we forget the present...We forget the feeling of being alive which should be omnipresent! True, this is often easier said than done. However, PSIO offers a very practical solution to this issue. Let us find out how!

**Rumination stops, feeling is born in the present moment:**

PSIO inevitably guides the mind through different states of awareness. What happens in most cases? The sounds and lights quickly invade auditory and visual sensory zones. **Rumination stops automatically to give way to the contemplation of coloured visual scenes. If the programs are short**, attention is directed primarily to audiovisual **perceptions** in the **present** moment (a state

related to meditative contemplation) rather than to memorized thoughts or to areas of consciousness dedicated to anticipation.

This will enable you to appreciate music much more deeply and in much greater detail. Some people say that they "literally live the music".

**If the programs continue, attention begins to float** and the mind gradually begins to relax, first slowly then… radically! That is the reason why PSIO always acts as a mental recuperation tool and has an undeniable energizing effect.

The longer the program, the more it gradually directs the mind **to a state of attention at rest**. It is a special state in which you are still awake but think that you are asleep (if someone speaks to you or touches your arm, you realize that you weren't sleeping yet...). This is a state of mind in which you can still hear everything, but no longer listen...This is known as "**subconscious listening**" (the conscious mind no longer filters messages because attention is no longer engaged).

This state of mind is also known as the "sophroliminal state" by sophrologists or the "twilight state" by others. It is a state of awareness in which the mind only rarely stops because it normally goes to sleep next.

Thanks to PSIO, the mind is kept at the **edge of sleep** but remains conscious. The state has certain particularly interesting properties: it is known to be favourable to suggestion because the mind is more permeable. It is also known to be excellent for recuperation because, in this state, the mind and awareness are completely at rest. There is a sense of renewed resources.

Reaching this state is therefore beneficial for people seeking rapid and effective recovery including night-shift nurses, pilots and travellers with jet lag, students during exam periods and business men and women who are stressed out by their difficult working conditions.

**Letting go**

What makes PSIO so effective? PSIO simply uses certain sound frequencies and pulsating lights that have a surprising power to distract and to lead the mind to new levels of consciousness that are not usually reached. For example, it is difficult to will one self to let go, that is, **to release your awareness level**. PSIO makes this child's play! Another example is positioning oneself at the edge of sleep, without falling asleep. With PSIO (using certain programs, including the BALANCE and WELLNESS programs) , you are brought to the edge of sleep and can stay there for as long as the suggestions take place or the program keeps you there.

**Learning performance**

The state at the edge of sleep is known for its benefits in terms of processing accumulated data and their memorization. Students can make intensive use of this during exam time.

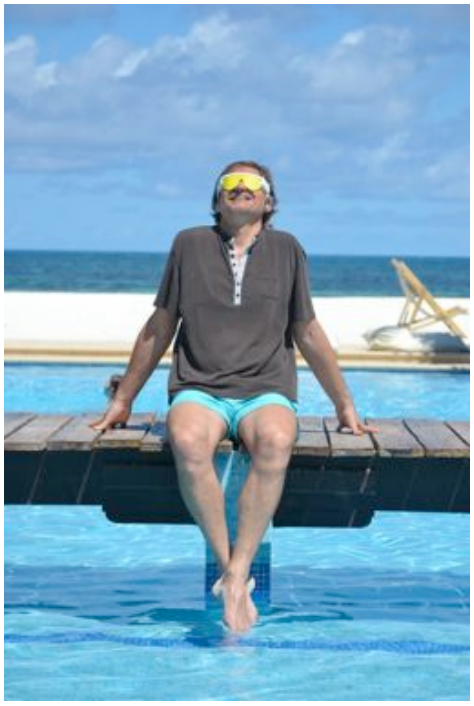
Enjoy!

**S. Dumonceau-Krsmanovic**
PSIO Designer

# Using PSIO

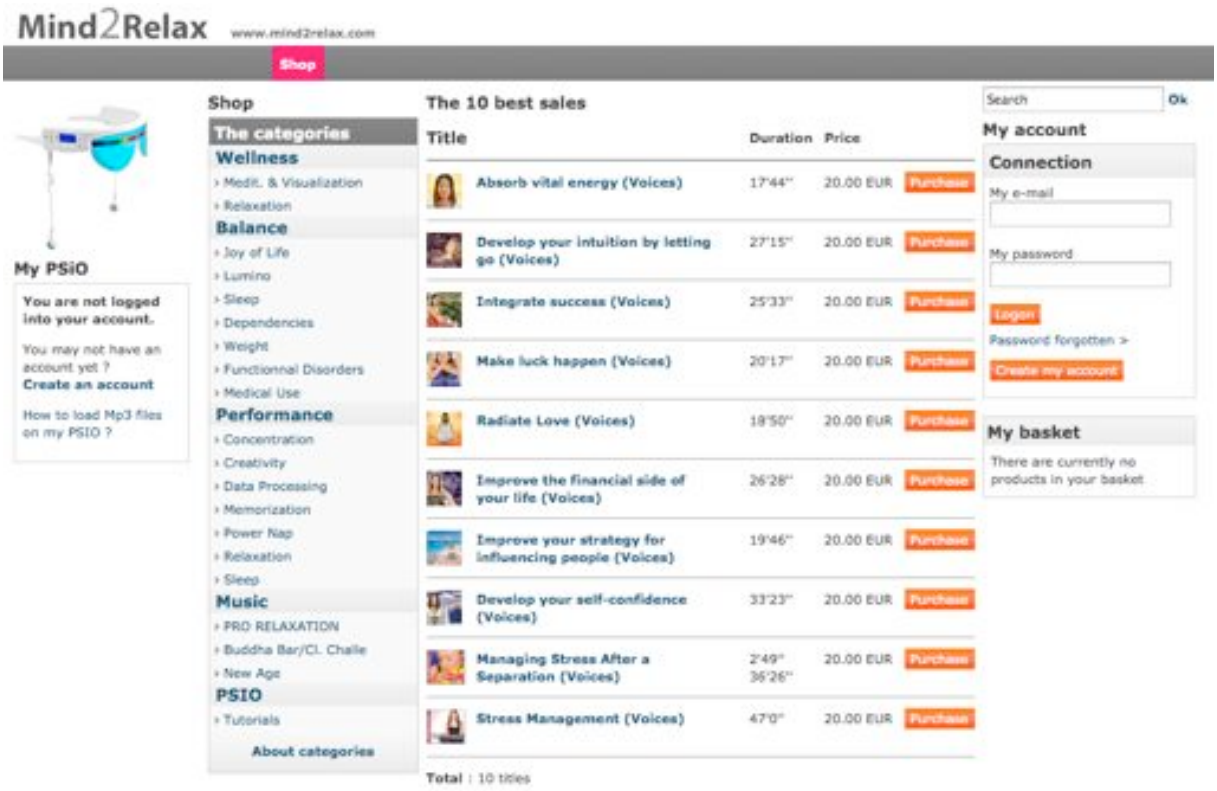
By making this purchase, you have taken an important step toward managing your mind's abilities in an innovative way. You will discover that it is one of the easiest personal development tools to use, and one of the most useful. You simply need to use it a few minutes a day, without being disturbed and fully immersed in a unique experience. This minimal effort will - over time - have a considerable impact on your development and wellbeing!

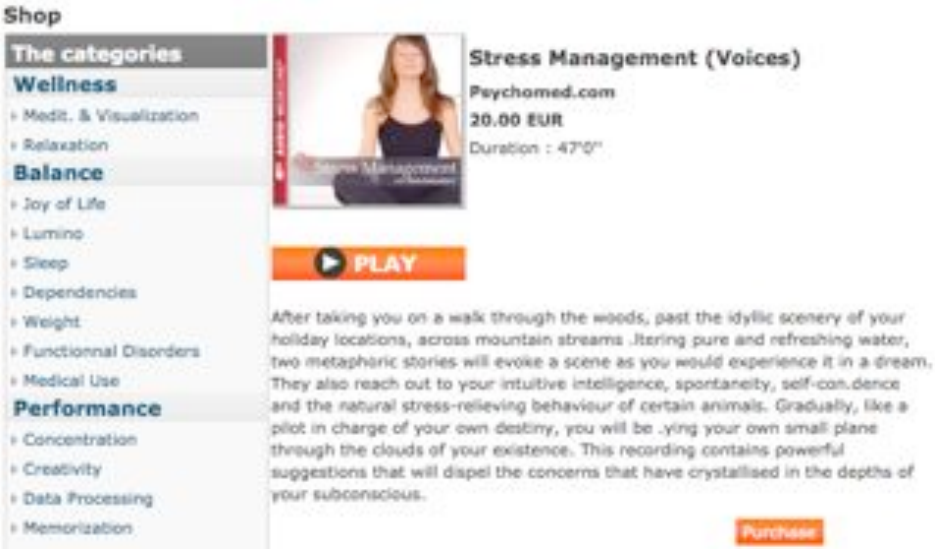
Some people experience immediate benefits, as soon as they use PSIO, while others require a little more time. In any event, it will not take you long to be satisfied with the results.



# Psioplanet

PSIO is a pair of spectacles brimming with high-tech electronics that emits coloured lights and pulsing sound. The www.mind2relax.com download platform is its complement. There is a new world of diverse applications for you to discover as soon as you connect your PSIO to your computer. You can download all of the programs you need: applications for your wellbeing and a return to equilibrium in a constantly changing world. But there is more to it!





Shop
The categories
Wellness
› Medit. & Visualization
› Relaxation
Balance
› Joy of Life
› Lumino
› Sleep
› Dependencies
› Weight
› Functionnal Disorders
› Medical Use
Performance
› Concentration
› Creativity
› Data Processing
› Memorization
Stress Management (Voices)
Psychomed.com
20.00 EUR
Duration : 47'0"
PLAY
After taking you on a walk through the woods, past the idyllic scenery of your holiday locations, across mountain streams .ltering pure and refreshing water, two metaphoric stories will evoke a scene as you would experience it in a dream. They also reach out to your intuitive intelligence, spontaneity, self-con.dence and the natural stress-relieving behaviour of certain animals. Gradually, like a pilot in charge of your own destiny, you will be .ying your own small plane through the clouds of your existence. This recording contains powerful suggestions that will dispel the concerns that have crystallised in the depths of your subconscious.
Purchase

The result is a major increase in personal abilities. Starting with the four levels of consciousness generated and maintained by the stimulation produced by these incredible "glasses", there are dozens more programs with different themes:

- **For example, inducing letting go and relaxation**
  One of the many possibilities of the WELLNESS Category (by voice, suggestion and relaxation music)

- **For example, stress management for sleep or mood problems**
  This is one of the many applications of the BALANCE Category (with suggestive voices, cool music and nature sounds)

- **The creation of a state promoting memorization**
  This is one of the applications of the PERFORMANCE Category
  (with sound and coloured lights)

- **And, energy renewal with the colourful music of Claude Challe** or other new-age relaxing music in the MUSIC Category
  (music bathing in sparkling colours)

# Energizing

You have to try PSIO to understand the extent to which it takes the mind... elsewhere. In an inner world, stopping rumination completely, it is without a doubt the new way par excellence to regenerate intelligently and recuperate faster, regardless of the application mode selected. The common denominator of all of the states of mind it generates is an undeniable energizing power!

# PSIO application field categories

## Wellness

Relaxation training programs:

- Meditation and guided visualization

- Relaxation - letting go

## Balance

Management of specific stress situations related to mood, sleep and weight problems, tobacco cessation, physical oppression, headaches, psoriasis and other conditions.

Warning: the BALANCE programs do not replace any medical or psychological treatment by health professionals.

## Performance

SUPERLEARNING

Concentration, data processing & memorization

PSIO is a strong ally when taking on exhausting intellectual work.

### Music

RELAXATION & LEISURE MUSIC

Relaxation, lounge and new-age music

The MUSIC applications enable you to renew your ideas and regenerate in the **present moment**, with a purely sensory experience… For instance, listening to music of Claude Challe: he is famous for his popular "Buddha Bar" label, one of the most popular lounge music.

New labels and artists will be progressively added in this section.

## A few tips to better use and benefit from the technology

We encourage you to try the following approaches, which will be very beneficial to you. Develop comfortable habits for the coming weeks. Note how your experiences change from one moment to the next and how your reactions to anxiety-provoking situations are modified as soon as you begin to use PSIO regularly.

• Always choose a suitable place to rest, where you can lie down without being interrupted while having enough time to appreciate the session and a moment of relaxation afterwards without being disturbed.

• Loosen any tight clothing, take off your shoes, lie down or sit comfortably in a chair. If you close your eyes during the session, diffuse light will pass through your closed eyelids.

• Be sure to set the light intensity regulator to a fairly low level for the first sessions. We suggest that you gradually increase the light intensity and the sound volume over the next sessions to increase the impact of the device. However, remember that your comfort is the most important parameter. Base the device settings on your comfort level. Select the intensity and volume that feel right and comfortable for you personally.

• Because PSIO is a device for training and mental gymnastics, its impact is naturally cumulative. The more sessions you do, the more you will train your brain, metaphorically a muscle, and the easier it will be for you to reach the desired states of consciousness.

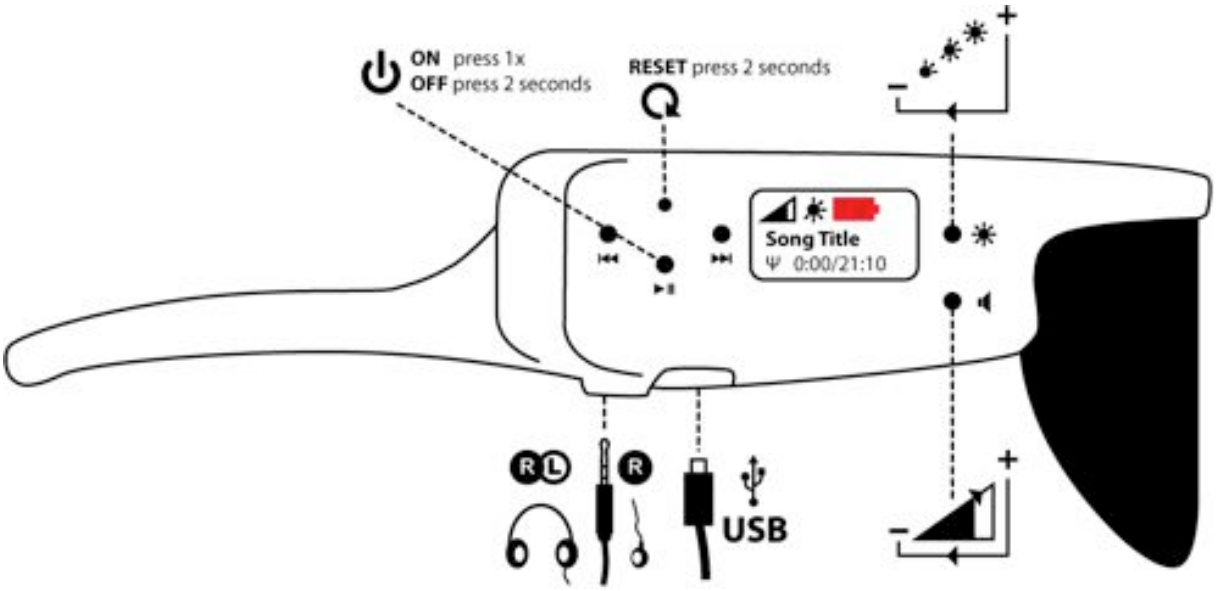
• Sessions can even follow one another to help you move to a state of greater relaxation. However, it is not recommended that you do a relaxation session immediately after a concentration program!

• After your PSIO session, set aside a moment for quiet or an activity that does not require a high level of awareness such as driving a car or using a dangerous tool!

• Do not forget to remove the earplug jacks for travel.

• Do not touch the lenses of the glasses. Clean any fingerprints with a dry cloth.

## Commands



# Instructions for use

## Session steps

1. Connect the earphones.

2. Turn on your PSIO by pressing >II (ON). The message "Plug your PSIO" is displayed. Allow the battery to charge fully for the first use (about four hours, until the battery light is white). Note that if you push the button longer (min. 2 seconds), you will shut your PSIO off.

3. Use the I<< and >>I buttons and the display to select one of the titles loaded on your PSIO.

If you go back, the title will first go to its read starting point. You will have to push a second time to select the previous title.

Select the TUTORIAL in your language as your first session. If you don't see your language, you can download it free from the www.mind2relax.com boutique.

4. Settle in comfortably and push on >II (PLAY) to start the TUTORIAL, put on "PSIO" and put in the earplugs.

## To end the session

Push on the >II button for more than two seconds to shut off your PSIO.

Always make sure to remove the earphones before taking off your PSIO.

# General PSIO FAQ

**What is a PSIO?**

PSIO is a variable-frequency audiovisual stimulator. Despite the complicated name, it is fairly simple technology that emits sound and light in very precise rhythms. It has been known since the dawn of time that these rhythms influence the state of mind: waking, sleeping, relaxation and meditation are all correlated with brain rhythms that are themselves impacted by the rhythms of the sounds and light received. The frequency of visual and auditory stimulation in a PSIO varies from three to15 cycles/second. This technology makes it possible to have a positive influence on the rhythms of neurons and therefore induce or boost many of the mind's natural abilities.

**How do you explain the unique visual effects of PSIO?**

When you are deep into a PSIO session you get the visual impression to be lost in an infinite space of colour where you discover bouquets of kaleidoscopic lights which can be either fleeting or more

persistent in function of the PSIO programming of the light. This phenomenon of visual perception is called the Ganzfeld effect *(from German for "complete field"):* when the field of vision is non-differentiated and has a uniform colour, or when no concrete visual information is present, the brain will start to amplify the senses. The Ganzfeld effect is the result of the brain's amplification of the "neuronal noise" in its efforts to detect the missing visual signals. This effect is further amplified by the unique optical system of PSIO and the programming allowing the colour flashes.

**Can everybody use PSIO?**

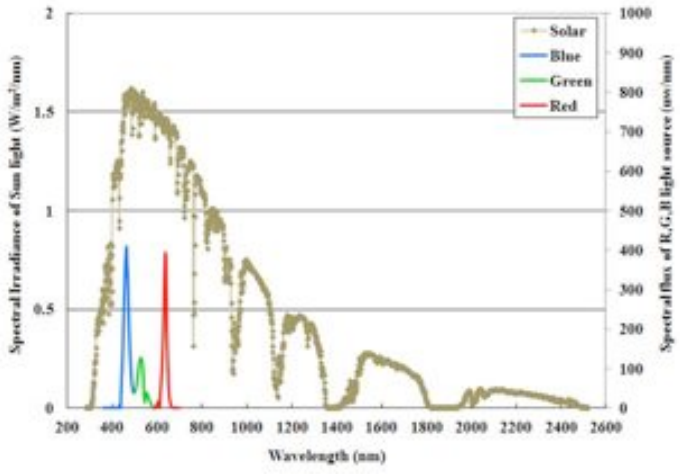
Its use is not recommended for children and must be completely avoided by photosensitive or epileptic people. In case of doubt, please consult your physician.

**Risk of photosensitivity?**

Audiovisual stimulators (AVS) have been in use for more than 20 years. Thousands of people have used them without encountering any problems, except for photosensitive people who respond negatively to the flashing lights. Photosensitivity may occur when these people are exposed to certain situations: when watching television, when seeing a police car with flashing lights drive by... Our device uses lights with flashes that may be very intense. This type of stimulation may trigger a latent photosensitivity in certain people. This is the reason why users should always take precautions during their first use of the device. In most people, the risk of latent photosensitivity is very low and, therefore, should not dissuade anyone to use audiovisual stimulators. The majority of people who suffer from photosensitivity or from epilepsy are confronted with their first symptoms during adolescence (75% before the age of 20). The probability of a latent photosensitivity in an adult of more than 25 years of age who has never had any such symptoms is 1 in 20,000. If you can stand in front of stroboscopic light without any troubles, you will not have any problem with PSIO.

**Is the light emitted dangerous?**

No, you can use it as often as you like unless you suffer from photosensitivity or epilepsy.




This graph shows the action of the light emitted by the diode (red, green and blue lines) with respect to sunlight (in grey-brown). It clearly shows that no ultraviolet or infrared rays are emitted by the

light source. There is therefore NO danger if you open your eyes during a session. It is simply a matter of setting the light intensity for comfortable use. Light sensitivity varies significantly from one person to another. Some people will use PSIO at the minimum intensity level for optimal comfort.

**Has the product been tested?**

Users around the world utilize the technology, which is well understood today. The technique has been used for more than 20 years in university clinics as a quick relaxation method for very stressful operating room and sleep laboratory environments.

**Is it a medical product?**

No, it can reduce stress-related problems in some instances, somehow the way sport does, but it should not be considered "medical". The purpose is to reduce stress and stop rumination. A medical prescription is not required. You simply need to refer to the user's manual.

**Is the product intended for the general public?**

Yes, anyone can put it on the night stand beside their bed.

**How many programs are there on my PSIO?**

There are three Music & Colour programs from Claude Challe (MUSIC Category), seven Beats & Colour programs (PERFORMANCE Category) and one Voice, Music & Colour program – "THE JOY OF LIVING" (FR-ES-EN) (BALANCE Category).

**Can other programs be downloaded?**

Yes, the download platform at www.mind2relax.com allows you to download many programs with specific themes. For example, you will find free programs to welcome you to the PSIO world.

**What happens if I download an Mp3 file from another source to my spectacles?**

You can listen to it as you would on any other Mp3 device, but without the coloured lights. So, there is not really much point in doing so.

**Will there be more programs in the future?**

We are planning to add new titles every month and thousands of music titles in the future.

**How many different categories are there for my PSIO?**

There are four families of application available at www.mind2relax.com: the WELLNESS, BALANCE, PERFORMANCE and MUSIC categories.

**How many different PSIOs are there?**

In fact, PSIO hardware is the same regardless of appearance.

PSIO is currently available in white. A black version will be available in the coming months and other colours will be offered later on.

# Technical FAQ

**How do I recharge my PSIO?**

First, it is recommended that you allow your **PSIO to charge for at least four hours before first use**. Make sure that the device is on when charging. Push the PLAY button to charge. Read the "PLUG YOUR PSIO" notice first. You can recharge your PSIO using the USB cable and the charger provided in the package or by connecting the USB cable to your computer.

**When should I recharge the battery?**

The battery included does not have a memory. You can recharge it whenever you want without affecting its future performance. We recommend that you recharge your PSIO completely when there is only a single bar left on the battery indicator. If no bar is showing, your PSIO will still work for about an hour. You can end the ongoing program, but it is better to recharge your PSIO after that.

**What happens if I leave my PSIO turned on after a session?**

At the end of a program, PSIO will turn off automatically after five minutes of inactivity. If you pause in the middle of a piece, PSIO will turn off after 10 minutes of inactivity.

**What happens if my PSIO shuts down after a session and I have fallen asleep?**

You don't have to do anything since PSIO shuts off automatically. You just need to push the ON/OFF button to start it up again.

**Can I stop a session and start it up again later?**

You can stop a session by pushing on Pause (ON/OFF button). Pushing a second time will start up the session where you left off. If you pause for more than 10 minutes, PSIO will shut off automatically.

**How can I add new programs to my PSIO (www.mind2relax.com)?**

Go to the Boutique on the site and select the programs you want to buy. Once your payment has been accepted, you will be asked to download your program. You can save it directly on your PSIO, but we recommend that you create a PSIO folder on your computer where you can save all of your programs for easy retrieval later on. If your PSIO is not connected to your computer, connect it and copy the file to your PSIO the way you would to a USB key. WARNING! Wait until the file has been completely copied before disconnecting your USB or use your computer's "**Safely remove hardware and eject media**" command.

**How long does downloading last?**

- **To my PC/Mac:** very variable depending on the type of Internet connection you have and the traffic at the time you are on-line.

- **To my PSIO:** you have to allow two minutes for a five-minute title and six minutes for a 30-minute one.

**How can I remove songs purchased from my PSIO without losing them in my base list?**

Connect your PSIO to your computer with the USB cable. Turn on your PSIO. It will be detected as a storage peripheral called PSIO. You can then erase the files the same way you would with a USB key.

**My screen goes out after five seconds but the session continues. Is this normal?**

The display shuts off after five seconds to save on battery life. If you want to see the information displayed, just **push on any button** and the screen will turn on. Once the function is taken into account, we recommend that you use the sound and light setting buttons for this purpose.

**Why do I have to provide my serial number when I create my account on www.mind2relax.com?**

You can enter your PSIO serial number when you create your user account on www.mind2relax.com. We recommend that you do this either at this time or later by clicking on "Register your PSIO serial n°" or "Modify my data". This number is used for your guarantee and will also give you access to a number of free programs depending on your geographical location and during special sales at certain times of the year. A good reason to visit www.mind2rlelax.com from time to time!

**Where can I find the serial number?**

You will find the complete serial number on the left arm of the glasses or on the back of the Quick Start manual.

**I have several PSIO. Can I enter several serial numbers?**

You can connect to www.mind2relax.com at any time and click on "Record an additional serial n°" or choose "Modify my data" at the top right of the screen. You can then enter up to five different serial numbers.

**My PSIO does not seem to be working properly any more. What should I do?**

If your PSIO is not working properly (not reading sound correctly, the lights do not come on, etc.), push on the Reset button with the point of a pen. The default factory settings will be restored. The message "Plug your PSIO" will display on the screen. First recharge your PSIO as if it were the first use. Do not forget to leave it on during charging.

**How can I clean my PSIO?**

Use a damp non-abrasive cloth of the type used to clean the lenses of glasses.

# List of pre-loaded PSIO programs

| | Complete titles | Short titles | Min: Sec | |
|---|---|---|---|---|
| 1. | Tutorial EN | EN-PSiO intro | 03:09 | EXPLANATION |
| 2. | Tutorial FR | FR-PSiO intro | 05:59 | EXPLANATION |
| 3. | Tutorial ES | FR-PSiO intro | 03:02 | EXPLANATION |
| 4. | Carmenita lounging | Carmenita | 08:30 | MUSIC |
| 5. | Je nous aime | Je nous aime | 06:26 | MUSIC |
| 6. | Survival | Survival | 05:28 | MUSIC |
| 7. | Energy Source | Siesta-2 | 16:00 | IQ |
| 8. | Memo-Booster | Memo-2 | 29:55 | IQ |
| 9. | Hypno-Sleep | Sleep-2 | 30:00 | IQ |
| 10. | Eureka | Crea-2 | 30:49 | IQ |
| 11. | Data-processing | Integration-2 | 40:00 | IQ |
| 12. | Anti-stress | Relax-2 | 40:01 | IQ |
| 13. | Focus attention | Focus-2 | 30:00 | IQ |
| 14. | Joy of Life | EN-Joy | 38:05 | WEL |
| 15. | Joie de vivre | FR-Joie | 38:01 | WEL |
| 16. | Alegria de vivir | ES-Alegria | 38:00 | WEL |

# Additional tips for use

• Do not use PSIO in places that are unusually dusty or dirty.

• Keep it away from high humidity.

• The device is designed to resist moderate shocks only.

• Do not leave it exposed to direct sunlight for a long period of time or inside a closed vehicle on very hot days.

• Clean the spectacles from time to time with a clean rag and alcohol to avoid any accumulation of grease or dirt on the lenses.

• Hold the jack when making connections and disconnecting. Do not disconnect by pulling on the wire: it could be damaged.

**When downloading, never remove the cable before the download is completely finished! This could damage PSIO and your guarantee might no longer be valid.**

**IMPORTANT**: *The use of PSIO is safe for most people as no severe side effects have been reported. However, there are a few particular cases where PSIO should only be used with the prior approval and monitoring of a medical or health care professional. These include people taking medication or suffering from any sort of serious medical condition, including epilepsy, brain injury, mental impairment, visual photosensitivity or any form of macular degeneration. The following people should not use a PSIO light device without professional medical supervision: individuals with a pacemaker, or suffering from cardiac arrhythmia or other heart disorders, pregnant women, people taking stimulants, tranquilizers or psychotropic medications, including illicit drugs and/or alcohol. Use by children or minors should only occur with prior parental consent and monitoring. Do not use while operating machinery, vehicles or other mechanical devices. Discontinue use if you experience any sort of adverse reactions such as dizziness, migraine, or severe anxiety. Please consult with a medical professional if these or any other unusual symptoms occur.*

**DISCLAIMER:** *As the purchaser and / or user of PSIO spectacles you agree to assume all risks inherent to using a pulsed stimulation device. PSYCHOMED makes no implicit or overt claims for cure or treatment of any medical or psychological disorders. No expressed or implied medical claims are made for PSYCHOMED products. These products should not be used for the relief of any medical or psychological condition.*

*PSYCHOMED.COM SA nor LINK Health & Communication sprl assume no responsibility, financially or otherwise, for your use of PSIO spectacles.*